J. Claims

1. Free Throws With Sole is a method that maintains the center of gravity and stability using a hard plastic insert placed in an article of footwear while shooting free throws.

a. The center of gravity of a body refers to its balance point or that point which the body would balance without any tendency to rotate.

b. The wider the base of support, the easier it is to maintain stability.

c. The human body is balanced when the line of gravity falls at the center of the base of support.

d. The greater the friction between the supporting surface and the parts of the body in contact with it, the more stable the body will be.

e. Stability is maintained with a vertical trunk inclination.

2. The inserts are used exclusively for free throw practice.. You can definitely walk with the inserts but they should not be used in playing basketball.

The invention is the technique with the insert. They go hand in hand. They both must be present to accomplish the task of stability. The end result is a higher skilled player. This conclusion has been arrived at by my endless hours of teaching at every level. I constantly get the same feedback, "why have we never been taught this before and what a difference the insert makes." The insert is made of hard plastic(1/8" thick). They will be manufactured in every size for boys, girls, men and women. The plastic is nothing out of the ordinary. Again it is the method and insert working as one.

K."Not Applicable"

L. "Not Applicable"

Micarta Grade H-22033

Construction	**Epoxy/Glass**
Color	**Natural**
Density(lb./in3)	**.069**
Water Absorption(%)	**0.05**
Hardness(Rockwell M)	**109**
Tensile(psi) with grain	**50,000**
Compressive(psi) flatwise with grain	**60,000**
Flexural flatwise(psi)	**65,000**
Bonding(lbs.)	**2,600**
Maximum Operating Temperature	**Electrical/130 Mechanical/140**
Impact Strength(lb/in)	**12.0**
Shear Flatwise(psi)	**20,000**
Dielectric Strength Perpendicular	**550**
Dissipation Factor	**0.020**
Dielectric Constant	**5.0**
Volume Resistivity(megohm-cm)	**6x10⁶**
Surface Resistivity(megohms)	**1x10⁶**
Arc Resistance(seconds)	**100**
Parallel Dielectric(kv)	**60**